

# Feelings

How we might feel when our needs are not being met:

afraid	depressed	fearful	jealous	repelled
aggravated	despairing	fidgety	jittery	resentful
agitated	despondent	forlorn	lazy	restless
alarmed	detached	frightened	leery	sad
aloof	disaffected	frustrated	lethargic	scared
angry	disappointed	furious	listless	sensitive
anguished	discouraged	gloomy	lonely	shaky
annoyed	disenchanted	guilty	mad	shocked
anxious	disgruntled	harried	mean	skeptical
apathetic	disgusted	heavy	miserable	surprised
apprehensive	disheartened	helpless	mopey	suspicious
ashamed	dismayed	hesitant	morose	terrified
beat	displeased	horrible	mournful	troubled
bewildered	distressed	horrified	nervous	uncomfortable
bitter	disturbed	hostile	numb	uneasy
blue	downcast	hurt	overwhelmed	upset
bored	dull	impatient	panicky	uptight
brokenhearted	edgy	indifferent	passive	withdrawn
cold	embarrassed	intense	perplexed	woeful
concerned	exasperated	irate	pessimistic	worried
confused	exhausted	irked	puzzled	
dejected	fatigued	irritated	reluctant	

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How we might feel when our needs are being met:

absorbed	contented	glorious	pleasant	upbeat
adventurous	cool	glowing	pleased	warm
affectionate	curious	grateful	proud	wide-awake
alert	dazzled	gratified	quiet	wonderful
alive	delighted	happy	radiant	zestful
amazed	eager	helpful	rapturous	
amused	ecstatic	hopeful	refreshed	
animated	elated	inquisitive	relaxed	
appreciated	enchanted	inspired	relieved	
ardent	encouraged	intense	satisfied	
aroused	energetic	interested	secure	
astonished	enlivened	intrigued	sensitive	
blissful	enthusiastic	invigorated	serene	
breathless	excited	involved	spellbound	
buoyant	exhilarated	joyful	splendid	
calm	expansive	loving	stimulated	
carefree	expectant	mellow	surprised	
cheerful	fascinated	moved	tender	
comfortable	free	optimistic	thankful	
complacent	friendly	overjoyed	thrilled	
composed	fulfilled	overwhelmed	touched	
concerned	glad	peaceful	tranquil	
confident	gleeful	perky	trusting	